

Welcome to False Cape State Park. An isolated paradise nestled between Back Bay National Wildlife Refuge and North Carolina, this park offers a unique opportunity to explore nature in an unspoiled coastal environment. If you enjoy hiking, beachcombing, fishing, nature photography or wildlife observation, False Cape is the place for you. To make your visit pleasant, we ask that you observe the following regulations.

There is no vehicular access to the park. Access is by foot or bicycle, approximately five miles through Back Bay National Wildlife Refuge. Refuge fees apply. False Cape is also accessible by boat across Back Bay. Boat docks are provided at Barbour Hill, False Cape Landing and Wash Woods. Interior trails of Back Bay National Wildlife Refuge are closed from Nov. 1 to March 31 yearly. At that time, access is only via boat or the beach.



Seasonal alternative access is available Nov. 1 through March 31. Reservations to ride the beach transporter can be made by calling 1-800-933-PARK (7275). From April 1 through Oct. 31, reservations can be made to ride a tram by calling (757) 498-2473. The alternate access cannot accommodate campers.



Overnight parking for campers is only allowed at Little Island City Park. Daytime parking is available at Little Island City Park and Back Bay National Wildlife Refuge.



Pets are allowed on a leash, but you must abide refuge rules as follows: Dogs and other pets are prohibited from April 1 to Sept. 30. Pets are permitted Oct. 1 to March 31 only. They must be on hand-held leashes (up to 10 feet long). Horses are prohibited. A pet can be brought to the park only by boat during the refuge's prohibited time.



Drinkable water is available in the Barbour Hill area of our park, but visitors should bring containers for transporting the water to their destination.



Primitive camping is allowed by permit only. Permits may be obtained by calling 1-800-933-PARK from 9 a.m. to 4 p.m. Monday through Friday. Camping is limited to six persons per site and 14 nights in any 30-day period. No open fires are permitted.



A special game management program is conducted for one week in October. The park is closed to all other activities during that time. For more information, contact the Virginia Department of Game and Inland Fisheries at (757) 253-7072.



Please keep impact to the park at a minimum. When leaving, take everything you brought and stay on designated trails and the beach. Please stay off the dunes.



Biting insects are numerous; insect repellent is a must. Sunscreen and a hat are also recommended during summer months.



Be aware of the poisonous eastern cottonmouth snake, also known as the water moccasin.



False Cape offers seasonal interpretive canoe and kayak treks and park tours. Please call (757) 426-7128 for more information.

#### Virginia State Parks Reservations Center

To receive more information on Virginia State Parks or to make a cabin or campsite reservation, call 1-800-933-PARK, in Richmond 225-3867.

#### Join Us in the Parks – DCR's Volunteer Program

DCR offers diverse opportunities for volunteers in most state parks and natural areas throughout the state. Inquire at the park office for details.

#### For more information, contact:

False Cape State Park  
4001 Sandpiper Road  
Virginia Beach, VA 23456  
(757) 426-7128

You can also visit [www.dcr.state.va.us](http://www.dcr.state.va.us)



Department of Conservation & Recreation

CONSERVING VIRGINIA'S NATURAL & RECREATIONAL RESOURCES

203 Governor St., Suite 302  
Richmond, Virginia 23219  
(804) 786-1712

# VIRGINIA

STATE PARKS

## False Cape State Park Guide

Virginia Beach, Va.

Virginia State Parks provide  
**A Natural Legacy**  
of outdoor activities and  
programs. They are an important  
part of DCR's efforts to promote  
a strong conservation ethic.  
These efforts ensure that the  
best of Virginia's natural  
resources will be protected and  
available for future generations.

**False Cape State Park Trails with  
Blaze Color Code and Mileage**

False Cape Interior Trail	.....Green	- 7.2
Barbour Hill Interpretive Trail	.....Purple	- 2.4
Barbour Hill Trail	.....Gold	- 1.4
South Inlet Trail	.....Red	- .2
False Cape Landing Trail	.....Gray	- .7
Ocean Bay Trail	.....Yellow	- .7
Wash Woods Trail	.....White	- .8
Wash Woods Interpretive Trail	.....Orange	- .7
Cemetery Trail	.....Blue	- .6
Dudley Island Trail	.....Brown	- .4
Monument Trail	.....Black	- .2

 **Bicycle Trail** - - - - -

 **Boat Dock**

 **Campsites**

 **Contact Station**

 **Hiking Trail** - - - - -

 **Overlook**

 **Restroom**

 **Soft Sand**

Little Cedar Island

Cedar Island

